

Self Mobilisation Program

- Go through this self mobilisation program 3 to 5 times a week to improve the suppleness of your joints and muscles.
- You need a roller and a small ball to complete these exercises.
- Control the pressure. If it feels too sore then reduce how much you are pressing on the roller.
- Ensure you are rolling on soft tissue. Avoid bony areas.
- If discomfort persists please discontinue the exercise and seek further advice.

Quadriceps Release (Foam Roller)

Sets: 1 | Reps: 1 min | Frequency: 3 to 5 per week

Preparation:

- Position yourself on foam roller as shown

Execution:

- Roll up and down on the foam roller to release the muscles on the front of the thigh



Start Position



If you feel a tender point, you can hold and allow the muscle to relax

Hamstring Release (Foam Roller)

Sets: 1 | Reps: 1 min | Frequency: 3 to 5 per week

Execution:

- Roll your the back of thigh as shown
- Stop on tight portions of the muscle to allow them to release.



Roll back of thigh on foam roll



Stop over tight areas and let them melt away



Continue rolling

Calf Release (Foam Roller)

Sets: 1 | Reps: 1 min | Frequency: 3 to 5 per week

Preparation:

- Sit with your calf on a foam roll.

Execution:

- Roll your calf up and down on the roll.
- Stop on tight portions of the calf muscle to allow them to release.



Sit with calf on foam roll



Roll calf up and down roll

Lumbar Self Release (Ball)

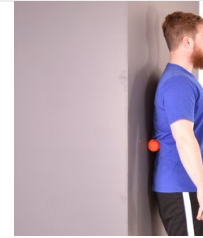
Sets: 1 | Reps: 1 min | Frequency: 3 to 5 per week

Preparation:

- Place ball on wall at your lower back

Execution:

- Massage sorest areas



Massage sorest areas

Soft Tissue Release (Tennis Ball in Pillowcase)

Sets: 1 | Reps: 1 min | Frequency: 3 to 5 per week

